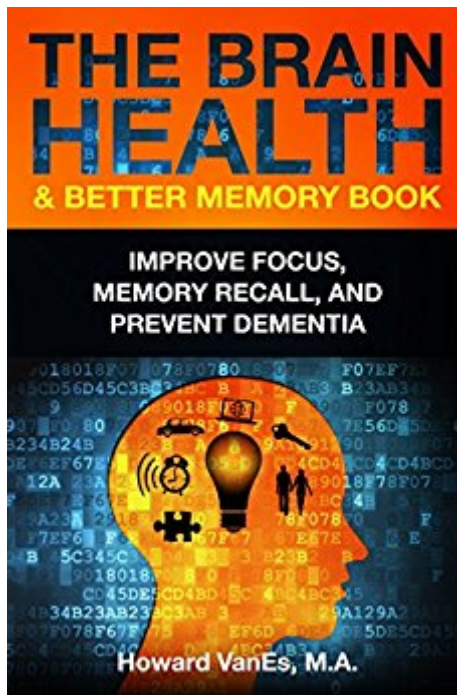


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# The Brain Health & Better Memory Book: Improve Focus, Memory Recall, And Prevent Dementia



## Synopsis

This brain health book is on sale for only 99 cents until March 21st. The Brain Health and Better Memory Book asks you if any of the following questions sounds familiar? Where did I put my keys? Why did I come into this room? What was her name? Where did I park the car? Why do I keep forgetting? Most of us will experience some type of decline in mental sharpness, focus, and memory as we age. This can result in any number of problems including: forgetfulness, moodiness, insomnia, lack of problem solving skills, and an inability to communicate effectively. When brain health deterioration becomes more severe it can lead to issues such as Alzheimer's disease, dementia, and the problems associated with it including confusion, difficulty understanding visual images, changes in personality, trouble remembering, hallucinations, and lack of judgment. Your brain plays a major role in almost everything you do including thinking, feeling, communicating, breathing, remembering, working, playing, sleeping, etc. Vital to the quality of your life therefore, is maintaining or improving the health of your brain. This book will identify the issues that cause a reduction in brain fitness and memory, explaining how each impacts your brain and then offer ideas, tips, and tools to optimize the health of your brain. Discover:

- How to improve focus and concentration
- What degrades your memory and how to improve it
- How to prevent or slow down the onset of dementia and Alzheimer's
- Which supplements and foods support a healthy brain
- How genetics and biology affect your brain health
- And much more!

Order a copy of this book today and start your journey to a healthier brain and better memory!

## Book Information

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## Customer Reviews

In this book, Howard VanEs deeply and thoroughly explores how various life factors and actions affects how the brain functions and overall brain health. What's so great about this book is how accessible and easy to understand it is, especially given such complex subject matter. VanEs makes sure to thoroughly explain and define brain makeup and chemistry, as well as the effects of our choices on brain makeup and chemistry. He makes sure that readers adequately understand the complexity of the brain and how it works before breaking down how different aspects like diet, medication, social activities, etc. influence proper or improper functioning of the brain. What I appreciated most about this book is the level of detail, clarity, and organization that went into it. Not only did I walk away with a more clarified and extensive understanding of how the brain works, but I also was offered tips on how to keep my brain and body healthy, what kinds of activities and medications to stay away from, what kinds of mental and physical exercises that will help my overall brain health, and the importance of social activities in brain functioning. Not only did I learn what kinds of foods, activities, or supplements would help me as my brain ages, but also learned the specific reasons why they serve as aids. I found myself taking notes and wanting to relay information to people I know. This book is relevant to anyone who picks it up, specifically because it outlines how the brain changes as we age and grow. It's not only a guide for personal living, but also would be really helpful for parents, teachers, folks who work with seniors, etc. It's a book that keeps on giving!

Reading this book was so enjoyable it was a Zen-like experience which isn't surprising, considering that the author is practicing yoga master. In a non-texty style he presents the science behind brain health and how to eliminate or mitigate the symptoms of stress â€” the biggest threat to health. You'll learn how to maximize and preserve your brain power with his numerous â€œhow tos.â€• There is hope for aging Boomers and those concerned about Alzheimer's. A great gift for any age because it speaks to the issues that we all encounter, no matter where we are in life.

As a person with MS, who has stayed very well for over 9 years by being proactive about my health and, in particular, educating myself about brain health, I have read many books on this subject. I found this book by Howard VanEs to be very well written. It takes a lot of skill to present factual information on health and physiology in a way that is both very informative, and at the same time a pleasure to read. Mr. VanEs writes in a way that is easy for the layman to read and understand, while still presenting a wealth of valuable, well documented, information. Even though I've read many books on the brain, this was a great refresher for me on the things I need to continue doing to keep my brain well (especially as I get older) and it also discussed some supplements that were new to me and that I'll follow up on with more research, as I decide whether to add them to my arsenal! This book would be an especially great starting point for anyone who is just beginning to explore the topic of brain health. It's a quick, easy read that provides a great foundation.

This book has been a great call-to-action for me; after seeing aging parents and other relatives suffer with respect to memory, I have witnessed the negative affects we can experience as we age. Howard VanEs breaks the book down into key topics that are critical for ensuring that the reader maintains optimal brain health, and I especially liked how the book was organized: it makes for easy reference when I want to revisit certain topics or reread the author's recommendations. Backed with thorough research, the author makes a compelling argument as to why it's so important to make lifestyle modifications that will benefit your brain. Best of all, every chapter is packed with actionable ideas that I can take immediately; from ideas on getting more sleep and improving one's diet, to exercising enough, and more. You're never too young to begin living a lifestyle that will allow you to operate at peak performance levels for many, many years, and this book was a great roadmap that helped me learn how I can keep my brain healthy.

An interesting book on the brain by a yoga instructor who has a Masters degree in counseling psychology. The underlying purpose, the point, of the book, has gotten lost to me; as if its purpose is simply to expound on what the brain is and make a few references to scholarly articles. It could be better focused and have more of a clear purpose. The text varies from sentences that discuss pituitary gland cell signalers, to connections between stress and disease, to extremely simple and straightforward sections with titles like "what are the symptoms of stress?" It's a conglomeration of information that, in my opinion, needs to be refocused for an actual audience; right now it's just "out there" for anyone interested in deep psychological treatment mixed

with really obvious self help angles in a book written by a practicing yogi. I appreciate any effort to help others; but this one needs a clear purpose and audience. Also, I don't recommend the author indicate his qualifications at the beginning of the book, not the end, particularly because he comes out of the gate talking about very specific prescribed medications. Good luck Howard and best wishes in all your endeavors! - Mark Urso, Author of A Candle Lit, Deconstructing Alcoholism

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